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Editors of The Spectator

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THE SPECTATOR

STUDENT NEWSPAPER



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VOLUME LXXV ISSUE 8

KEEPING WATCH SINCE 1933

NOV. 18

REDHAWK WOMEN WIN FAR WEST REGION TITLE

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MENS' SOCCER UNDEFEATED FOR 2004 SEASON

SPORTS PAGE 10

END OF RAMADAN CELEBRATION BRINGS FOOD, ENTERTAINMENT AND UNITY

NEWS PAGE 5

GREAT ACTING, DIALOGUE CONTRIBUTE TO BRILLIANCE OF "TAKE ME OUT"

ARTS AND ENTERTAINMENT PAGE 12

Editorial

As finals approach, the 'to-do' lists expand. As college students during the last few weeks of the quarter we habitually find ourselves sacrificing sleep in order to finish papers, study for looming exams and read those chapters which should have been read a couple weeks ago.

Not surprisingly, personal health takes a back seat to these immediate school related concerns. Only now, due to unsanitary conditions first discovered at a British flu vaccine manufacturing plant in 2003, most college students must face the increased threat of a bad case of the flu halting all attempts to study.

Sure, the flu vaccine was plentiful last year and FDA Commissioner, Lester Crawford, has noted that any problems with the vaccine in 2003 do not directly correlate with the loss of a half of the vaccine supply this year. However, a report from last month cited three problems found last year were never actually solved because FDA inspectors failed to re-inspect the Chiron Corp plant where the vaccine is manufactured until the same problems occurred a whole year later.

While the production of vaccines needed to protect against or respond to bioterrorism attacks is not a move in the wrong direction we can't forget about those diseases we already know about. Are diseases such as chickenpox, cholera, hepatitis B, meningitis, and polio only a concern when there's an outbreak or in the case of the flu, when the appropriate season hits?

It's a wonder that more public outcry has not been heard in favor of increased and readily available protection from preventable diseases when thousands of people die every year from them. A significant number of these deaths can be avoided with a quick poke in the arm, following a payment of twenty dollars and the ability to withstand the smell of the doctor's office. Providing of course, that the vaccines are available in the first place.

So let's put the pressure on those who are suppose to have our best interests in mind when it comes to preventable diseases. Too much work is being done to discover cures for other diseases to neglect the prevention of the diseases we know how to prevent.

But in the meantime, remember to wash your hands, sleep as much as you can and take a mental break from the books every now and then.

THE SPECTATOR EDITORIAL BOARD CONSISTS OF TRISHA LEONARD, AMY DAYBERT AND KEVIN CURLEY. SIGNED COMMENTARIES REFLECT THE OPINIONS OF THE AUTHORS AND NOT NECESSARILY THOSE OF THE SPECTATOR, SEATTLE UNIVERSITY OR ITS STUDENT BODY.

THE SPECTATOR

STUDENT NEWSPAPER
Keeping Watch Since 1933

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Elevators: a luxury, not a right

Megan Peter
Staff Columnist

So there I was after my last class of the day in Bellermino lobby waiting with about 12 other of my resident hall members. Both of the elevators are occupied and seem to be taking their sweet time to get to the bottom.

Ding! The elevator arrives and everyone gets off except for that lone person. Looking up we all notice that the down arrow is lit up. Moans and groans travel quickly through the crowd, the word "lazy" is passed around with many expletives.

Now, this is not the first time this has happened to me or anyone else who was standing there, in fact it seems to happen everyday. There is always someone taking the elevator to the basement for unnecessary reasons.

Wait, I take that back, I am sure that there are some very logical explanations for why a person feels the need to take the elevator to the basement.

The most obvious being that the notebook the person was carrying was much too heavy to carry downstairs. And if the person even attempted to walk downstairs with the heavy notebook he would lose so much energy he would not be able to concentrate on studying once downstairs.

Or option number two, is that dryer sheets are much heavier than anyone could ever image. This example is similar to the one with the notebook in that all the energy that it would take to walk down a flight

of stairs is now saved to put one dryer sheet in the dryer.

The third option is the person is new to the school and does not realize what major faux pas riding the elevator to the basement is. However, this excuse can only get you so far. It is mid-November people, get with it! These are the unspoken rules that you pick up on during the first two weeks.

The elevator should only be taken to the basement for these few situations. The obvious is for people that handicapped and cannot walk down stairs. Be considerate of these people and notice that maybe you should direct your evil looks at someone else.

The other obvious reason the elevator can be taken to the basement is for the wonderful people who clean our bathrooms and empty our trash. Don't get mad at those people either because I don't see any of you volunteering to scrub toilets.

The final situation is if someone is taking a lot of stuff to their storage locker or taking his or her overflowing laundry basket downstairs. I am talking about a basket filled with three weeks worth of laundry that is so heavy that you are dragging it along the floor. Not some wussy, week's worth of laundry that really cannot weigh that much.

If you are taking the elevator to the basement and you don't fit into any of these scenarios

then maybe you should rethink swiping your card and pushing the B button.

I think it is a truly sad when able-bodied people are just too lazy to take the stairs. Really, it does not take that much more effort and it saves on time.

I was in the elevator once with a girl going to the basement and carrying nothing. I was also headed to the basement but instead of riding the elevator to the basement as well, I got out at the lobby and took the stairs. I arrived before she did, granted it was only by a few seconds, but I still got there before her.

Not only am I baffled at the sheer laziness of the people who take the elevator, but also that they are able to withstand death stares and being called names that can't be printed in the newspaper.

I would just feel so guilty for taking the elevator when I could take the stairs. I think it is rather selfish to hog an elevator when it could be better used to get 15 people up the building.

It would just seem to make the living environment a much more pleasant one if people could be considerate of others and not take the elevator to the basement. The golden rule anyone? Treat others as you wish to be treated.

One day it could be you standing in the lobby waiting for the elevator and finding out that you have to wait even longer because someone couldn't take the stairs.

Megan Peter is a sophomore journalism major. Send feedback and comments to Megan at pete1193@seattleu.edu

Xbox Halo 2 hype overrated

Jon Austin
Letter to the Editor

This letter was sent in response to the Halo 2 review written last week.

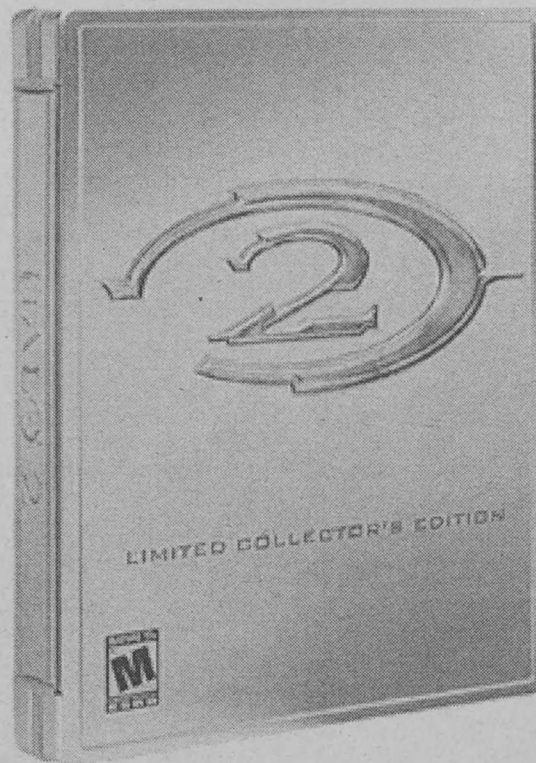
Frat boys and people who are too dumb to get bored perpetuate the Halo phenomenon. Or people who can't figure out how to install software. I haven't quite figured this out yet.

In fact, I can't understand the Halo phenomenon at all. There is nothing appealing about playing an FPS on a console. The controls are sluggish and unresponsive. And as a game, it's just... not that great. I've played Halo for PC, and it's mediocre at best compared to other FPS games of the last 10 years.

Obviously multiplayer is Halo's high point. But every element of Halo is outdone by a great number of other games and formats.

Vehicles? Pick up a copy of Unreal Tournament 2004 for your PC. It has vehicles, and its play modes are far more rich and interesting than anything Halo can offer. Xbox Live? You might have heard of something called "the internet." And guess what? The Xbox is simply... a little PC! Its games run over a modified version of Windows!

If you want to compare Halo/Halo 2 with something in its own field, you should compare it to what is the greatest console FPS ever made,



Goldeneye for Nintendo 64. Goldeneye had similar multiplayer modes, but adding locked characters, cheats, and game additions made for a vast combination of game situations enriched these types of games.

Having to unlock these characters and codes gave Goldeneye's single player mode replay value that is sorely needed in Halo/Halo 2.

Goldeneye was fortunate enough to be released on a sys-

tem that had other good games, unlike our friend Halo.

Best modern console FPS? I'd be the first to say hell yes. Best FPS ever? Not even close.

Now, I'm not saying people shouldn't be playing Halo/Halo 2. Video games keep kids off the street, teach them hand/eye coordination, show them how to reload realistic automatic weapons, et cetera.

The problem I have with dubbing this game the "best FPS ever made" is that it highlights the praise and complacency we have for

the mediocre in our culture, especially in the arts.

We seem to be so focused on satisfying ourselves viscerally that we don't look for the same satisfaction in other things that have more depth and purpose.

Articles like this solidify the reality of this problem for me.

Jon Austin is a senior English, creative writing/philosophy major. Send feedback and comments to Jon at austinj@seattleu.edu

Get involved, stay loose, or your stress will hurt you

Kevin Curley
Opinion Editor

Here is a typical scenario for some students this time of year. You've been studying and writing papers all week long, if you're lucky you've slept eight or nine hours, and just when you think you're done with everything, you're computer decides to puke all over itself and not let you save anything.

At this point you display that award-winning discus throwing form and toss your laptop across the room and onto the couch; god forbid you throw it on the ground and break it. You thrash about your room, try to relax yourself by playing a video game or watching TV.

However, all this does is delay the inevitable of sitting your laptop down again and attempting to get some work done. You whisper sweet nothings to it, saying that you're sorry you tossed it 25 feet across the living room and that you'll never do it again. Amazingly, it turns on and you're back to punching your fingers into the keyboard.

Most of this frustration can be avoided if only you relax and take a time-out now and then. During fall quarter, students tend to get bogged down with their homework early in the quarter. By the time mid-terms roll around, a student is usually behind in the readings, which makes studying slightly harder.

There are many avenues to relieve stress, even on this very small campus. One easy solution is going to the gym. If you don't feel comfortable lifting weights or running on a treadmill for an hour, reserve a racquetball court and slam that rubber ball against the wall for 30 minutes. Trust me it works.

If that doesn't sound good, cook yourself dinner and watch a movie. Granted this may take up a little more time in your schedule, but it will allow you to calm yourself. If anything you'll get something to eat, which during this time most students stop eating.

Of course the University administration and clubs on campus usually offer stress relievers the week before finals. There is a study break get-together at the Student Center on Dec. 1, a De-Stress event hosted by the Wellness Task Force on December 3, a Christmas concert at St. Joseph's Church and a late night poker tournament held later that day, which is hosted by SEAC.

So instead of stressing out, yelling at your roommate, or acting completely insane these last few weeks, take some time to relax and venture to the many events catered to your needs. If anything it will help all your friends who hate seeing you studying all night, never sleeping or eating and taking out your frustration on them.

Another thing, try studying in groups. This really helps if you are behind in class, it allows you all to effectively cover all the material, without stressing out over the countless pages of material you forgot to read during the quarter.

Trees, wildlife hindering Americans

Molly Layman
Staff Columnist

Lately the popular topic of conversation has been outrage concerning the results of the election. People are threatening to move to Canada, for whatever reasons, and are generally fearful as to what the future holds.

To those that say Bush is bad for America I say, balderdash! You know what's bad for America? Nature, especially trees and wildlife. I simply cannot tolerate trees. If there was one factor most to blame for hindering the industrialization of the United States, I would say it's trees. After all, it's industrialization that is fueling this country and pushing it towards the future.

As for trees, these are monuments of the past that are hampering the success of millions of United States Citizens. Plant a tree, I always say, and you're begging for a dog to pee in your yard. I think we can come to a general consensus that dogs peeing in the yard are rather inconvenient.

Furthermore, wildlife is another parasite for American citizens. Wildlife is completely exempt from taxation, yet, somehow, my hard-earned dollars are supposed to pay for their homes? There is little justification for why I should work ten-hour days, just to have my paycheck taxed so that these animals can have refuge. I receive nothing in return for this sacrifice: since when has the environment helped me put food on my table? If wildlife wants to live somewhere, they should consider working like the rest of us Americans.

Thus, given the sinister nature of shrubbery and parasitic nature of wildlife, you cannot even begin to imagine my pleasant surprise

when I heard news of Bush's new energy plan. They're finally going to open ANWR in Alaska! If there's one thing I simply cannot tolerate, even more than trees and wildlife, it's cold places.

Cold is such an unpleasant thing to be, and it's all over Alaska. That being said, while also considering the Alaska is a part of the United States, it's time it was useful. It has spent too many years being cold and full of nature, while contributing nothing of real worth.

Last time Bush introduced this energy plan, it was rejected by Congress, but, luckily this time, oil and natural gas companies have contributed twice the amount of money to Bush's campaign. This gives me hope that approval should soon follow. The top-ranking contributions of automobile manufacturers should also help this bill along nicely. I already see the future looking brighter.

Even if people want to deny that nature is plaguing America, the desperate need for oil cannot be ignored. Clearly, science has proven that efficient fuel cell and solar-powered cars cannot provide an equal replacement to today's gas-powered vehicles by next year, therefore it is pointless to develop this technology.

It's better instead to drill other areas in the United States to get more oil for the country. Solutions like reducing consumption are much too difficult, time-consuming and costly in the short run. No one makes money when oil and gas are not used.

We need to fuel the economy right now. Arguments that oil will not last forever, that it will soon run out, and it's better to develop the technology now so we can export it later

are just foreign scientists displaying their jealousy of America's freedoms. Just because foreign countries have high gasoline prices, doesn't mean America has too. We have free trade here; we're not communists, stop hating our freedom.

Furthermore, using oil and gas only further allows us American to exercise our patriotism. I like to think every time I fill up my Excursion at the gas station that I'm helping to fund the oppression of at least 32.5 foreign citizens in Venezuela, Saudi Arabia, and other oil-producing countries. Knowing how I can help strictly control others makes me feel the true superiority of America and our freedoms.

In the face of the previously stated reasons for drilling in ANWR, people will still find ways to oppose the idea. People think drilling for oil is polluting the atmosphere? Consider how much waste the elk and reindeer are producing. Currently, they are allowed to defecate throughout the refuge, with absolutely no restrictions. The oil and gas companies are going to have restrictions and rules.

Compare this to the lawless, defecating animals. It's time we stop this freewheeling anarchy up north.

It's time we embrace our identities as Americans and focus on the only freedom that really matters: free trade and ridding the world of such natural freedoms that are no longer of any use to us.

Molly Layman is a sophomore creative writing major. Send feedback and comments to Molly at laymanm@seattleu.edu

Genuine people are hard to find

Trisha Leonard
Editor-in-chief

How many times have you come to an awkward silence in a conversation? Don't you just wish the person would say what they were thinking so your conversation could move on? How often do you wonder if the person talking to you really means what they're saying?

These are things that come up on a regular basis for many people. It's one of those "why don't they just say what they're thinking?" moments.

You're stressed out and a friend reaches out to you. You vent to them and they just nod in agreement with your frustration, a frustration only you can feel in your position.

One of my biggest pet peeves is when I'm in a situation I know the person I'm talking to has never been in, and they say "yeah, I know." No, you don't! You are not in my position, and you never have been. Don't tell me you understand, because that just frustrates me even more.

Often times people are looking for someone else to be empathetic, but a lot of the time they just need someone to lend an ear.

This is where unwanted advice and frustration come in to play.

Although people think they're making the situation better by sympathizing, they're not. Though the intention is good, this just comes across as fake. Insincere; not genuine. But then again, who is genuine nowadays?

How many times a day do you walk down one of the malls and say "hi" to people you don't like? How many times do they reply, knowing both of you, the minute you're out of their hearing range, say "I can't stand him/her" to the person next to you, or at least think it?

Many consider recognizing people and small talk to be a common courtesy. Perhaps I'm being harsh, but what's the point of all these casual conversations when both parties know the reason they're not on friendly terms with the other person?

Does it have to do with what other people will think about you? Are so many people afraid of what the stranger walking the other way will think if they see you fail to acknowledge the person you don't get along with? Oh dear, what will those strangers think? How will they judge you? That's a whole different topic in itself.

I'm not saying you should glare at everyone, I'm just saying you should learn to be content with the way you act. Different people have different ways of handling things, and for a lot of people that way is to hide their feelings at all costs.

It's so rare to come across people that actually say what they think. Luckily, my roommate is one of those people. People as open and as honest as she is are some of the easiest people to get along with because you can have confidence that they'll tell you if something is wrong, or they'll confront a problem so it doesn't get worse.

Another part of being genuine is having tact. There are appropriate times to bring up things, and recognizing that is the key. Knowing how to talk to people, and how to say things to certain people, is crucial.

Try and be genuine for a day. Don't hide your thoughts, but take the situation into consideration before you speak. Be content with your own actions and maybe you won't care so much about what other people think.

Trisha Leonard is a junior journalism major. Send feedback and comments to Trisha at leonardt@seattleu.edu

Opinion writers wanted

Chances are that you have an opinion about something occurring either on the SU campus or events that are happening in the world around us. You've probably gone off on one idea for hours to an audience of a few friends. You feel passionate about what you're talking about, but not many are listening. So here is your opportunity to voice exactly how you feel and get responses from people all over campus.

Everyone always has an opinion about one thing or another. We've always had that one person in class spout out about how they know everything about a certain topic, while you sit back and wonder how what

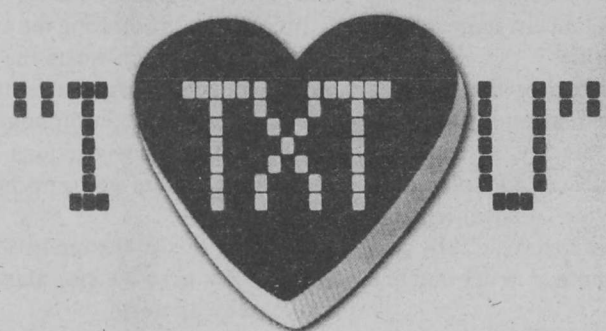
they are talking about relates to what the professor is trying to teach. You complain left and right, but the people we're talking about never get the picture. So use your student newspaper as an alter to lash out; respectively of course.

Or how about the idea of limiting human rights with Bush in the White House? I know there are many of you out there that this greatly affects. You talk about it in your private little circles, so why not let everyone else feel your pain?

If interested, please email your opinions to Kevin Curley at curleyk@seattleu.edu



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Get into it.

Finance: students learn tricks of the trade

Tamara Shkurkin
A&E Editor

Would the sight of all of your credit cards frozen in ice send you into a state of panic? Would you stress out, frantically attempting to blow dry the precious plastic cards to freedom? Or would you sigh in resignation, know that yes, in fact, this seemingly ridiculous money management technique does indeed work? Susan Knox hopes this improbable scenario would provoke the latter response, for this is how she opened up her salon entitled "Money Management for the SU student" last Tuesday in the LeRoux room.

Susan Knox's book "Financial Basics: A Money Management Guide for Students" was published this year and discusses reasonable money management options that can be tailored to fit every distinct lifestyle and situation of college students. She came to Seattle University last week not only to inform curious students on financial management issues of credit cards, student loans/financial aid, spending plans, and identity theft but to also re-assure all in attendance that everyone could indeed be in control of their own financial destiny.

Knox was introduced by Jim White, head of Student Financial Services at Seattle University. He warmly praised her knowledge of student finances, and is quoted in her book saying that "Financial Basics should be a standard part of a college's new student orientation program." He additionally explained that Seattle University Financial Aid Offices would be present after the talk to answer any questions students may have.

To introduce the first topic of credit cards Knox displayed a bowl of frozen water containing credit cards, indicating that freezing one's cards was a good thing to do on a Friday night in order to manage one's money for the weekend. In other words, no exceptions and no more purchases until your account had "thawed out".

Knox also had the audience pull out their wallets and count how many credit cards they carried. She said that no more than one credit card was necessary, and that in this day and age "Credit history is as important as academic history," addressing the fact that competitive admissions at top notch schools check credit history as indicators of student's ability to finish their program without financial difficulty.

In dealing with credit cards and compounded interest, Knox offered the scenario of attempting to pay off a seven thousand dollar debt with a credit card. If the card charged 18.8 percent interest and you were to pay the minimum monthly payment it would take 16 years to pay off the debt.

"In the end you would pay an additional 7,600 dollars in interest. In other words, everything you buy costs twice as much if you charge it," said Knox.

On the flip side, compound interest can also work to your advantage in the case of a savings account.

"Start funding a retirement fund as soon as you get a job," recommended Knox. "The time of 'then' [for saving money] never comes."

In managing student financial aid and loans effectively Knox recommended the use of a three ring binder or filing system, as well as

End of Ramadan celebration brings food, entertainment and unity

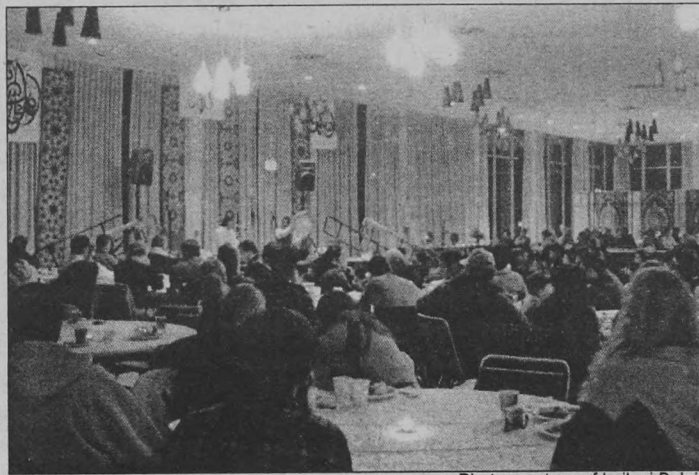


Photo courtesy of Leilani Balais

Students and community members enjoy fine dining and entertainment during the Eid celebration last Monday, hosted by MSA

Canda Harbaugh
News Editor

The doors were thrown open and hundreds of people from different religious and ethnic backgrounds, from SU and the community, rushed into Campion Ballroom for an evening of dining, entertainment and celebration. Last Monday, in a beautiful display of unity and hospitality, the Muslim Student Association (MSA), along with several co-sponsors, invited everyone to join them in celebrating Eid, a Muslim holiday marking the end of Ramadan.

The dimly-lit ballroom, along with the smell of an assortment of Arabic, Persian, African, Indonesian and Pakistani food, set the mood. Long tables along the wall displayed beautiful Muslim artifacts, and rugs hung from the ceiling. Large rugs and pillows also lay on the floor, offering a comfortable alternative to the candle-lit tables surrounding them. On the stage was Hossein Omoumi, a musician who sang and played traditional Persian music on his ney, a flute-like instrument made of bamboo.

Before guests dished up their plates, Jamal Rahman, adjunct professor of theology, spoke shortly about the meaning and reason for Ramadan through an Islamic teaching story.

Rahman explained that Mullah, a mythological figure in Islam, lost his donkey. Villagers helped him look for it but, alas, it was nowhere to be found. They went to tell Mullah that his donkey was gone forever and found him praying in the Mosque. Once they told him, he thanked God for being so lucky. The villagers were confused and Mullah explained, "I am so grateful; imagine if I was on the donkey!"

"Gratitude is the underlying theme and reason for Ramadan," explained Rahman, after telling the story.

Rahmen also spoke of diversity and how it should be embraced. "If Allah wanted us to be one community, we could be. But He chose diversity – different languages, colors, cultures, religions, books, nations and tribes – so that you might get to know one another. Tonight, let us do this sharing, this getting to know one another."

Rahmen ended his short talk with an Islamic prayer sung in Arabic.

Taslim van Hattum, senior social work major and vice president of MSA, explained that MSA students were more than happy to provide this evening of celebration, as it is part of Prophet Muhammad's teaching.

"The Prophet Muhammad, may peace be upon him, stated 'he who believes in Allah and the Last Day should show hospitality to his guest.' We, as Muslims, are taught through the example of our Prophet to always extend the greatest amount of hospitality that we are capable of," said van Hattum.

"We choose to open this event to the public because it is always a joy to be able to share our faith in a positive way with our peers and on-campus community," she added. "To feed someone who is hungry is an honor, and to have the means to do so is a privilege. There is nothing greater than being blessed with the opportunity to provide dinner for hundreds of people in honor of our devotion to God."

Nazir Harb, sophomore philosophy and economics major and the president of MSA, believes that the Eid celebration also helped to stress the all-embracing character of Islam.

"One important thing that [MSA] wanted to get across [with the Eid celebration] was the openness inherent in Islam, in the religion, because so often, in the media, it's portrayed as this radical, extreme thing," explained Harb. "It's open to all kinds of people. There's nothing exclusive about it."

Non-Muslim students also got a chance to see the more "fun" side to Islam, according to Harb.

"The Eid celebration showed that [Muslims] can get together and party too. It's not all politics and fighting. A lot of people think in the West there is Christmas, and they feel sorry because everyone else in the world that is not Christian doesn't get to celebrate Christmas. Well, there are other fun celebrations and in Islam, the end of Ramadan is our celebration."

Like Christmas, Harb explained that during Eid, gifts are exchanged, the family comes together, and the whole community celebrates.

"There's prayer, there's service, there is all that kind of fun, positive stuff and that is what we really want to get across to students," said Harb.

Harb believes that the community-wide celebration of Eid helped to bring different groups of people closer together.

"The event inspired peace and allowed people to see the beauty, holiness and goodness of Islam in a time and place where such things are often missed or not ever talked about," said Harb. "Every event like this makes our world a little smaller and easier to love and be a part of and that is, in Islam and many paths including the Jesuit Catholic one, an essential aspect of the purpose of life."

Security Reports

Mon. 11/08 Sneaky delinquent reported

At 11:00 a.m., CPS staff received a report of property damage on the third floor of the Student Center. An unknown person has been removing some of the sign material, thus damaging signs outside of the ASSU office. The sign since has been since repaired and the incident is under investigation by CPS. *I wonder if it has anything to do with the missing U from ASSU...*

Mon. 11/08 Look out!

At 7:36 p.m., CPS received a call from a Resident Assistant concerning an injured resident. CPS Officers responded to the scene and it was determined that the resident had bumped her head. SFD was notified and examined the resident. It was determined that the resident should be transported to the hospital for further evaluation. *How many CPS staff does it take to determine someone bumped their head?*

Wed. 11/10 Dude, where's my... bike?

At 3:25 p.m., CPS staff received a call of a possible bike theft. CPS went to the scene and spoke with the student. The student said he/she locked his/her bike up sometime last month with a cable lock, and returned Wednesday to find it gone. *Oh well. It was only used every month or two anyway.*

Thurs. 11/11 Stupid thieves

At 10:39 a.m., CPS received a call that a student's wallet had been taken. CPS staff responded to the scene. The student reported that they went to make copies and left their backpack alone at their workstation. When the student returned the backpack had been moved and their wallet had been taken. The student is filing the incident with the SPD. *If it's not nailed down... don't expect it to stay there.*

Fri. 11/12 MALICIOUS HARASSMENT

At 8:15 p.m., a male student reported two teenage males approached him on the upper campus mall (west side of Pigott building) at about 8 p.m. The teenage males began harassing the student (asking for money, making 'gay-bashing' remarks, and asking to search his bag). The student was then chased a short distance as he headed towards other persons walking on the mall. Three African American girls, approximately 15 years old, were observed by a witness leaving the area with both males, heading towards Broadway Avenue. The suspects were described as African American males, approximately 16 years old, about 5'7" tall and slender built. One had curly hair about one inch in length, wearing baggy dark-colored clothing, and a headband. The second teenager was also wearing baggy clothing.



I include 700 chemicals, including pesticides, insecticides, and 13 additives that are inedible.

– C.

FINANCE (Continued from Page 5)

a chart of each loan or scholarship and what one needs to maintain or re-new the aid each year.

Nick Shekeryk, a sophomore general science major, responded to Knox's advice on financial aid. "The part of the speaker's speech where she was talking about financial loans was important. I have loans myself, and am not keeping track of what I have to pay back...she opened my eyes to the fact that this is something that needs to be addressed," said Shekeryk.

She additionally recommended, in reference to identity theft, to never carry your social security number on your person, to black out your credit card number on receipts, and if your wallet gets stolen to go above and beyond notifying your bank and credit card by additionally notifying credit-reporting organizations to put a fraud report out in your name and social security number.

Possibly the most relevant topic to the immediate future of the Seattle University community in attendance was the discussion of creating personal spending plans. The term

"spending plan" was used instead of the term "budget" for its positive non-limiting connotations.

According to Knox, the first helpful step is "knowing your own financial situation." Additionally, if you are to splurge, you need to know what you have to give up.

"Some students withdraw a weekly cash basis; one student found this empowering in that she was sure of herself doing one simple thing," recounted Knox.

Furthermore, a list of needs and wants should be made.

"You should acknowledge what is a need and what is a want before you purchase the item. If you are not sure, have the store hold the item, or return the item if you have already purchased it and are unhappy," said Knox.

Furthermore, the practical message "Be true to your financial situation" was reiterated and stressed as a guide to navigating the stormy financial seas of college life. Knox also addressed the problem of receiving all of your money in a lump sum, saying that you should set up a savings account in order to practice correct money management techniques.

In the discussion of student loans Knox asked, "In four to five years from now do you have a job, a car, and the

ability to go on vacation? Or are you making loan payments?"

These realities must be considered, and a quoted salary versus actual take-home pay must also be considered.

"Many forget about taxes: medical, retirement, disability, etcetera; your take home pay, instead of 3,600 dollars, is in reality more like 2,000 dollars," explained Knox.

The audience was asked to work out their monthly income and expenses with a provided calculator, pen and a worksheet, and students were recommended to figure out 10 percent of net income for savings. She suggested that we look at if our spending balanced, and if there were ways to make more money and finish school faster without compromising our expected graduation date.

Leaving all students and faculty in attendance with not only her valuable advice but also a copy of her new book, Knox stated, "The way you manage money in college is the way you manage it for the rest of your life," and that all should "be a master of your money!"

Susan Knox's book "Financial Basics: A Money Management Guide for Students" is out now on The Ohio State University Press.

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Research shows SPD working toward equality

Molly Cevasco
Guest Writer

Dr. Edward Reed, a professor in the Criminal Justice department, and two senior humanities students, Kiva Boddy and Rebecca Callahan, presented encouraging findings on the Seattle Police Department last Monday.

Their study, entitled "Integration to Diversity: Blacks' and Women's Experiences in the Seattle Police Department since 1970," charted not only demographics of the department over the past three decades but also the experiences of different officers.

While Reed, Boddy and Callahan's research showed a great deal of prejudice towards women and black officers in the history of the Seattle Police Department, they show an upward trend towards equality in the force.

The trio went into the study with an optimistic outlook on their work, stating their goals were to improve the police-citizen relationship and create an avenue for understanding between the two groups.

"Most people are informed by 'Cops' shows and that stuff is half true at best," said Reed. "We want to inform people about what's really going on on the street."

To gather this information, Reed, Boddy and Callahan attended conferences and symposiums over the course of six months and conducted numerous videotaped interviews in an effort to understand the past, present and future of the department. This work has shown the Seattle Police Department to be one of the most ethnically diverse police forces in the nation, as well as one of the most connected to the community.

Reed discussed the progression of minority and female officers up the ranks of the SPD, including the methods used to create a more diverse department. Reed and Boddy explained some of the early statistics and experiences of officers.

According to Reed, one of the problems African American officers find with their current positions in the department is they do not receive respect from the African American community and are known as "uncle Toms" or sellouts.

Additionally, early corruption among black officers gave a poor reputation to other black officers and the African American community as a whole, making life on the force more difficult for those officers.

"The internal struggles faced by blacks may never go away and the institution can't do anything more to improve the situation," Reed quoted a skeptical officer.

For Boddy, the focus on women in the department took precedence in the study. She praised the SPD for being the first in the nation to hire women, but cited the great difficulties women have had in climbing the ladder through ranks in the force.

"Most people are informed by 'Cops' shows and that stuff is half true at best. We want to inform people about what's really going on on the street."

EDWARD REED, PROFESSOR OF CRIMINAL JUSTICE

In the 1940s, for example, women were allowed into the police academy, but had to have a college degree, something that was almost unheard of at that point. This was never a requirement for male applicants, and is no longer in place.

In the 1950s, women began receiving equipment training, including specially designed uniforms.

These uniforms, Boddy said, consisted of "skirts, heels, and handcuffs that fit nicely into the purse that was a mandatory part of the uniform."

Female officers were not allowed to enter patrols until the 1960s and were given shifts with little-to-no crime.

"Women were ridiculed...embarrassed, and even sexually harassed. About a third of the employees just ignored you, but about a third participated in open disrespect; bosses say-

ing you should not be here," Boddy quoted a female officer.

Callahan went into more depth about the experiences of women, dividing the different female officers into generations within the department. For the first generation of women entering the force between 1976 and 1985, there was extreme prejudice and sexual harassment, with no methods for complaining to higher officers.

In one interview, a former officer commented on this period, saying "this was a time when women had to prove they were just as strong as men, both physically and emotionally."

These officers also faced problems from citizens, including suspects who did not want to be arrested by a female officer or wanted to talk to a "real officer."

Women of the second generation, from 1986 to 1995, created politically correct terms and sexual harassment policies within the force, while dealing with the same problems of the generation before them. However, the third generation of women, from 1995 to present, report few issues and feel that women have truly been integrated into the force.

In a more heartening interview, Officer Don Whitmer commented on his female partner and the situation of women in the department.

"I am surrounded by women in the force, and I wouldn't think twice about one of them backing me up. Despite the seeming success of integration of women and minorities into the SPD, there are still numerous difficulties challenging the department. According to Reed, there is still no recruitment of the smallest minorities, such as East Africans and Laotians. Additionally, most people involved in the recruitment process are women, a fact which some male applicants are uncomfortable with, since there is no one for them to relate to. Some of the issues still facing women on the force include inflexible patrol hours, a lack of childcare, and no real connection between the generations of women on the force.

Although there are still racial and gender-related obstacles in the Seattle Police Department, the past thirty years have shown quite a bit of promise, and perhaps this trend toward equality will continue to rise.

CAFTA good for US, bad for Nicaragua, says expert

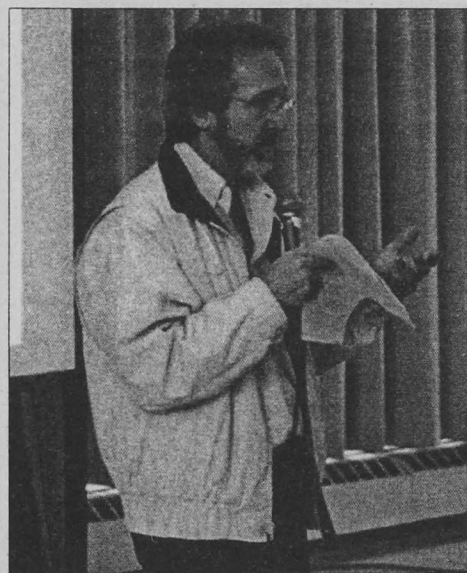


Photo by Joe Anchondo

Mark Lester, co-director of the Center for Global Education in Managua, Nicaragua, discusses the Central American Free Trade Agreement and its implications for Nicaragua.

Meyling Siu-Miranda
Features Editor

"CAFTA is anything but free trade," Mark Lester, co-director of the Center for Global Education in Managua, Nicaragua, said in front of a large audience in the Campion Ballroom on Nov. 10.

During a presentation hosted by the Academic Salons and the Center for Jesuit Identity, Lester discussed the Central American Free Trade Agreement (CAFTA) and its implications for Nicaragua.

A native of Kentucky, Lester arrived in Nicaragua in 1985 during the country's civil war. He has been working with the Center for Global Education for 17 years and runs an educational program for American students interested on grassroots sectors. Recently, he has

been welcoming SU faculty and staff during their visits to Nicaragua.

CAFTA, an accord very similar to the 1994 North American Free Trade Agreement (NAFTA), would decrease or eliminate certain tariffs, quotas and subsidies; open markets to a flood of new goods, as well as expose the service and financial sectors to greater international competition.

For Nicaragua, a country where 80 percent of the population survive on less than two dollars a day, a free trade agreement with the United States seems, at first, beneficial.

"The developing world is the source of many of the materials we use. Because of this we're considered an important market to [Nicaraguans]," Lester said.

However, Lester argued that CAFTA's promises are empty. He stated that the free trade agreement would cast aside Nicaraguan farmers, endangering 60 percent of the jobs that agriculture represents in the country.

For example, currently, rice production provides 60,000 jobs in Nicaragua. But CAFTA would allow 36 percent of U.S. rice production to enter the country. By 2013, 52 percent of U.S. rice would be exported to Nicaragua.

Lester added that another problem with CAFTA revolves around increased competitiveness, for Nicaragua would have almost no market access in the United States. Citing NAFTA as an example, Lester explained that Mexican milk producers were unable to access the U.S. market because the Food and Drug Administration (FDA) denied entry to their product claiming that the milk did not meet sanitary standards. Mexican dairy producers decided to test the FDA, buying American milk, packaging it under their own brand and exporting it to the United States. Yet, the milk was again refused.

"This is really not free trade," 18-year-old Laura Benbow, a political science and pre-law major said. "The amount of control the U.S. has is a little unsettling. You're spoon-fed this

view that this is beneficial to the country, but the impact is a lot more severe."

Lester also highlighted that instead of ensuring consumer benefits, CAFTA entails a lack of consumer control over foreign companies. The agreement does not allow Nicaragua to establish performance requirements and direct or indirect confiscation on foreign investors.

"It is very unlikely that Nicaragua will be able to manage the treaty if it wants to protect itself from cheap U.S. goods," Lester said, adding that the Nicaraguan government had to hire U.S. consultants to negotiate their side of the treaty.

According to Lester, the negotiation process of CAFTA challenges its very notion of free trade. The name of the agreement, he argues, is "but a marketing cue." In January 2003, the Bush Administration began trade negotiations with the Nicaraguan government.

But the negotiations proved to be extremely brief, and as Lester suggested, "secret and exclusionary." During nine rounds of talks, only the Nicaraguan government and elite business owners, who control much of the country's economy, were invited to be part of the negotiations. Small producers were only allowed to send their comments regarding the agreement.

"The sectors that will benefit are the sectors handled by the elite," Lester noted.

Many Nicaraguan producers maintain that their concerns were not taken into consideration and as a result, they have submitted a constitutional challenge to CAFTA. However, now that the Bush Administration has "Fast Track" trade authority - meaning that the agreement will be subject to a simple up or down vote in the Congress - President Enrique Bolaños wants Nicaragua to be the first Central American country to ratify the agreement as a sign of friendship between both nations.

Lester noted that CAFTA would allow for temporary entry for businessmen in terms of

visa requirements, yet he pointed out that a larger problem facing the United States is in fact illegal labor.

For Lester, a better approach to U.S. consumption and the needs of developing nations is through the Fair Trade movement and citizen activism. He reminded the audience of many of the SU programs that focus on social justice, highlighting that the campus bookstore sells T-shirts made by COMAMNUVI, a women's sewing cooperative in Ciudad Sandino, Nicaragua.

He also encouraged Americans to "seek out experiences" by getting in direct contact with poor people and breaking away from stereotypes.

"Become active consumers," Lester said. "You should recognize that we have power as consumers to direct companies to better business practices."

**I cause
more deaths
worldwide
than AIDS,
drugs,
homicides,
fires,
and auto
accidents
combined.
Do you still
think I'm
harmless?**

- C.

New club focuses on simplistic living

Jacob Edel
Sports Editor

The desire to simplify a cluttered life battered with invasive marketing, haunting advertisements and product sensationalism has SU students searching for innovative ways to resist the complicating and familiar urges to buy, collect and cherish material goods.

One such innovation is a new club that has formed in response to the academic salons of this year. The Paideia Club, conceived after Juliet Schor warned SU students of the militaristic techniques of marketers aiming toward their child targets, has just been instituted.

The club, whose name refers to the cultivation of the soul and the self, was established to encourage students to simplify and improve the quality of their lives as well as to make them more sustainable. According to Juliet Schor, marketers and advertisers want Americans to think buying power, expensive purchases and numerous possessions are the correct measures of success. The Paideia club is working to change or prevent that from happening.

"Our mission is to recreate a new vision of what success is," club founder Brig George, a sophomore communication major, said. "We want people to live a life of high satisfaction with a low impact on society and the environment."

Three measures are currently being discussed among the skeleton crew of club founders. The major vision of the club is establishing a media literacy group that will enroll the discussion of the effects of mass marketing among high school students. The group will frequent Seattle Prep and talk about the ostensible products and advertisements enveloping the lives of young consumers.

"We want a media literacy program at Seattle Prep to create a dialogue among high schoolers about the effects of the media and marketing on them," George explained.

Schor pointed out earlier this year that advertising and marketing specifically target public schools. The Paideia club wants to expose high school students to this phenomenon and teach them the benefits of conscious consumption. According to George, half of the process involves exposing the techniques of the advertisers and the other half consists in helping students determine what they really want in life.

"We want people to ask themselves, 'do I really need all this stuff?' We want people to get rid of clutter and find the things that give them joy and then hang on to them," George said.

"This is excellent for kids, definitely for teenagers and maybe for college kids. It will tell them what the media really is and how it is in their life," Anna Walsh, the co-founder of the club and a junior French major, said.

"It's all about peers, so it is definitely something that is going to start at the college level – and maybe high school. It is a youth movement," she added.

Professors of marketing in the Albers School of Business agree that more people should become conscientious consumers. After all, marketers respond to consumer demands. Carl Obermiller, professor and acting chair of the department of management, said the media literacy idea is a worthy goal because advertising is persuasive in nature.

"Anytime students develop a sense of self-advocacy to make things happen, something that is a social good, that is a positive and powerful activity," he said. "There is a premise in advertising that it is a persuasive tool and so consumers should be skeptical of it. It can be misleading."

"There is free choice. Marketing doesn't make people buy things and ads don't control people's choices," he explained.

Dr. Peter Raven, associate professor of marketing, also said marketers don't create the demand. He noted that marketing is more than just advertising because its goal is to satisfy the needs and wants of the consumer efficiently. He said it is about providing information that is accurate and credible.

"One of the objectives of marketing is to make money, sure, but consumers have to take some responsibility. Part of marketing is about awareness and informa-

tion, or providing alternatives," he said.

And the Paideia club wants to do just that. According to George, the goal of the media literacy project is to encourage awareness, provide this information and ensure that young consumers take responsibility for the choices they make when purchasing products.

George set another goal as well. He hopes to show students – whether in high school or college – the stores, shops or markets that share and promote simplistic living.

"By using experiential learning – that is, going out showing people where the thrift stores are, where the farmers markets are, how to mend rips in jeans so they don't have to go buy a new pair and how to get appliances repaired before they chuck it – we can foster deeper relations," George said.

Although the Paideia club has been officially recognized, members have yet to establish a meeting time and a website. George, however, is currently working with the Seattle University Environmental Youth Club (SUEY) and wants to fuse the clubs together. He promises it will start next quarter.

"It is my goal to attend and participate in that club [SUEY]. We could share a same meeting time," he said.

"SU offers a plethora of clubs to get involved in. I find I spread myself too thin and this could kill two birds with one stone – so to speak. We would be more effective. We overlap SUEY. The simplicity idea focuses more on a social phenomenon than the environmental phenomenon. I

think it would attract a different group of people," he added.

SUEY advisor, Dr. David Brubaker, agrees.

"In SUEY there are a lot of simplicity things, they do a lot of similar things but this should bring in different people," he said. "SUEY is traditionally environmental studies majors, but this would diversify both clubs."

Paideia club's advisor is Cecile Andrews, professor of society, justice and culture and leading advocate for simplicity who has authored books about it and has a website dedicated to it. She wants the club to influence the university to have an hour of reflection. An event that ceases all university activity for one hour so

students, faculty and staff can step outside their busy schedules to think about the things that really interest them or make them happy.

"The club will talk with students do find out how they feel about the environment and their lives. They have a devotion to their jobs or other things but we want them to be living as conscientious consumers, we want them buying products that reflect their values," she said.

The concept of a simplicity club is new to the campus. Andrews said there was a movement on the East Coast, she specifically mentioned Wellesley College, that has instituted a personal reflection time. But simplicity clubs haven't really existed before.

"There is really no college simplicity club anywhere that I know of," Walsh said. "We are like the larger umbrella of [ecology clubs and environmental clubs] combined – they are all interconnected. Everything [the other clubs] work for is a more simple and worldly community."

According to Andrews, George and Brubaker, the university's environmental club explores the environmental impacts of consumption, while the Paideia club will look at the social impacts. The issues the Paideia club will address definitely overlap the ideas of other SU clubs.

The Academic Salons featured at Seattle University try to instigate this fusion of clubs. According to Mara Adelman, the director of the Academic Salons and a professor of communication, the salons are designed to facilitate discussion about important topics. As more students become influenced and inspired from the salons, more clubs are sure to address similar issues.

"Simply raising awareness of our consumer patterns and their ecological and economic impact is critical. I believe that the salons are doing this," Adelman said. "However, impacting behavior takes more time, more exposure. We may never know the full impact at this time without assessment."



Surviving the cold and flu season

Megan Peter
Staff Writer

"Achoo!" Are there more empty seats than usual in your classes? Well, get ready to share your tissue because we're entering the flu and cold season.

In the United States, the flu and cold season occurs from late fall and into winter. The flu, also known as Influenza, is a viral infection of the throat, nose, trachea and bronchi (air passages). Some of the first symptoms of the flu are chills and fever, sweating and a headache. A runny nose, cough and a soar throat will soon follow. The symptoms often last between three to seven days and will gradually improve after two days.

The common cold is an infection of the head and the chest caused by a virus. There are over 200 different cold viruses which are spread by contact with others who have the virus. These symptoms for the common cold will occur about one to three days after contact with the virus. Its symptoms include a scratchy or soar throat, runny nose, nasal congestion, a cough, slight fever and a headache. You can treat the symptoms with over the counter medications, over a period typically lasting one to two weeks.

One of the major problems that both viruses cause for students is that they coincide with the busiest time of the year: finals, a time when students get less rest and become more susceptible to colds and the flu. But there are many things students can do to feel better while sick.

"Get plenty of rest, as much as 12 hours or more a night," said Maura O'Connor director of the Student Health Center. "Drink liquids to prevent dehydration. There are also over the counter drugs that offer relief for nasal congestion, fever, muscle aches and soar throat."

Over the past few years, many people have depended on the flu vaccine to stay healthy during this time of year. But due to the current shortage of flu vaccines, only people who face a serious health risk are going to be able to receive the vaccine. Those include: children between 6 and 23 months; two-year-olds or older people who have an underlying, long-term illness; people who are 65 years old and older; pregnant women; people who live in nursing homes or other chronic-care places; and health-care workers.

Since the majority of the campus population does not fit this criteria, there are other methods people can do to prevent from getting sick.

"If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. And wash your hands often to prevent the spread of germs," O'Connor advised.

There is also a recent nasal spray vaccine, FluMist®, that can be given to people from the age of 5 to 49. The nasal vaccine works the same as the shot by emitting three weakened strands of the flu viruses into the body. Just like the shot, a physician must administer the spray.

Many of these tips are what you've been hearing for years from your parents and have stuck with you as you went to college.

"My advice is just sleep," Laura Benbow, a freshman, political science and pre-law major, said. "Drink lots of orange juice and tea. A friend of my mom's always told us to eat Matzoh ball soup whenever we would get sick."

"When I feel like I am starting to get sick, I eat lots of fruit and try to get lots of Vitamin C. I also make sure that I get enough rest," Kerri Ann Matsumoto, a sophomore nursing major, added.

Another tip that parents have been pushing for ages is the idea that chicken soup is good for you when you are sick. Recently, it has been proven that there is some truth to the argument.

"There are no controlled studies on chicken noodle soup to support therapeutic benefits but the soup is thought to have a mild medicinal effect on colds because it is believed to contain an amino acid that is similar to a drug used to treat some respiratory infections," O'Connor commented.

So remember, as we enter the end of the quarter get lots of rest, drink plenty of liquids, and wash your hands to keep yourself and others happy and healthy.



Molly Layman
Guest Writer

Have you ever had turkey flavored with Ramen? Yum. Mashed potato with Ramen, Ramen gravy, Ramen rolls, Ramen pie, the list goes on and on. For many college students, Ramen has become a staple of their diet, it has escorted them into the stage of adulthood.

Casseroles and hours of preparation for a meal are often a foreign concept to many. It's not surprising that some students get tired of Ramen and all they want to do is simply go home and eat. Eat any and everything that is not Ramen! This becomes more poignant during holidays such as Thanksgiving, when gluttony remains a central theme. For some students, the trip home is not easy or affordable, and thus they remain in the dorms.

While going home offers a wealth of culinary indulgences for most of us, remaining in the dorms for Thanksgiving doesn't necessarily mean to have to feast on Ramen. Although Bon Appetit does not serve on Thanksgiving so that employees "can spend time with their own families," as manager Buzz Hofford explained, those remaining on campus can still savor the many flavors of Thanksgiving. Several organizations on campus are working to create a feeling of warmth and sharing during the holiday for those who are not able to go back home.

The International Student Center

Celebrating Thanksgiving at SU

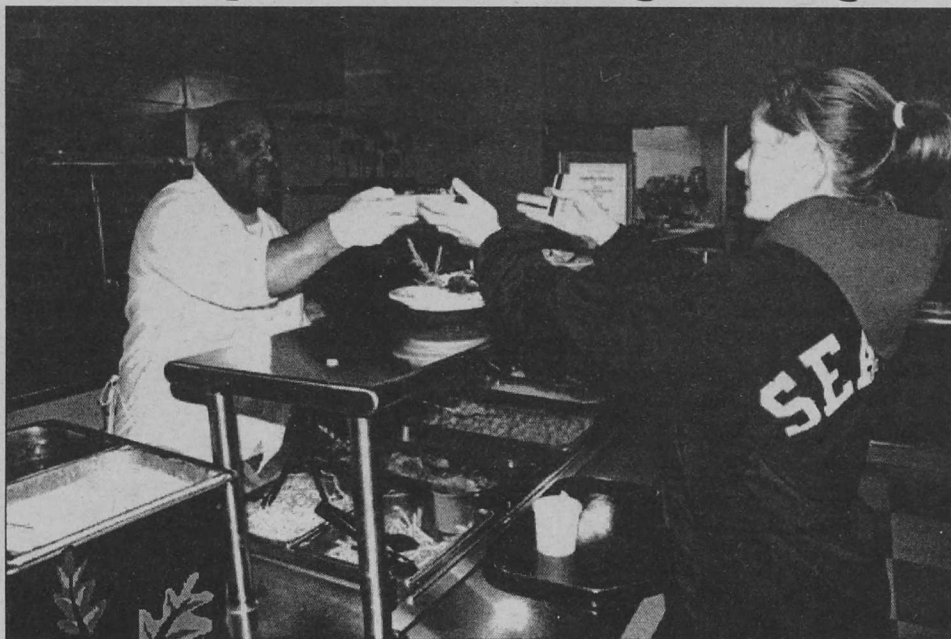


Photo by Joe Anchondo

Tony Harrington serves Maryann Boddy, a sophomore humanities major, her food.

has traditionally hosted a Thanksgiving dinner. This year's feast is titled "Rice Harvest" as a tribute to the grain's symbolism of prosperity and to the people who cultivate it. The dinner will be held in Campion Ballroom on Nov. 22.

Among other organizations preparing a special dinner are the residential assistants, the very people who facilitate activities on each floor or residence housing. They are working to create Thanksgiving festivities in order to combat the loneliness that many students may feel if they stay on campus.

"Some residential assistants are always required to be working and since we're already here it's nice to create that sense of community. We want to make people feel at home," residential assis-

tant Stephanie Ellis, a senior Spanish major, said.

Though still in the planning stages, the residential assistants are quickly assembling the necessities for planning the dinner.

"We'll be cooking in the Murphy's since it's more central," Teresa Filice, the head of the committee explained.

Although the committee is planning to do the cooking and shopping for the dinner, Stephanie Ellis explained that,

"Hopefully people who want to participate will, but I'm thinking of the dinner as a service to the residents so that they feel served and home in that way."

Allowing for flexibility, the residential assistants are attempting to encompass a full variety of traditions to target all the different backgrounds of students living in

the dorms: for some people Thanksgiving is about helping in the kitchen, while others view it as a time to feast on wonderfully prepared food.

With the help of a large donation from the Residence Housing Association (RHA), the residential assistants are well on their way to creating a delicious holiday.

"It's going to be really fun. It's always hard not going home for Thanksgiving," Ellis noted.

For Ellis, it is easy to relate to the feelings of homesickness residents might experience, since her parents now live in California.

"It's been interesting trying to make Seattle my home. It will be nice to establish that this is my home, my place, even though my parents aren't here," she explained.

This is a transition many residents are currently having to face, a difficult one on such holidays when family is not close by.

Celebrating a Thanksgiving dinner at SU has been an annual tradition, although in the previous years, the donation from RHA was not as sizable.

Going on her second year as a residential assistant, Ellis is especially excited to be helping in the dinner this year.

Once the exact time and place of the dinner is confirmed, Ellis explained that the residential assistants will relay the message to each floor. All residents who will be staying in the dorms during Thanksgiving are invited to the free dinner.

Student of the Week

Student of the Week is a five-week feature series highlighting unique aspects of students at Seattle University. Subjects are chosen at random and undergo an impromptu interview.

Trisha Leonard
Editor-in-chief

If you were an ice cream flavor, which one would you be and why?

"Chocolate chip cookie dough because I'm big and fluffy."

What's your favorite food that is served on campus?

"Soft serve frozen yogurt from C-street."

What's the scariest movie you've ever seen? What scared you about it so much?

"Lion King because Scar is scary and Mufasa dies."

What's the stupidest gift you've ever received? Who did you get it from?

"A dress for Christmas from my grandma because she's senile."



Photo by Trisha Leonard

Michael Baldwin is a freshman majoring in journalism.

What would you like to see in The Spectator?

"More human interest stories. More of me."

What are you passionate about?

"Writing."

Do you have a personal hero? Who is it, and why are they your hero?

"Jon Stewart—because he's a genius."

What's been your biggest accomplishment at SU and why?

"Avoiding the drug and alcohol rehab programs like all my friends."

What's your favorite place around Seattle?

"Goldie's Casino."

What's your favorite comic strip and why?

"The Boondocks—just 'cause."

Send us your favorite recipes!



Are you a great chef?

Share your family recipes, seasonal classics or your own creations. The recipes must be easy to prepare and ingredients must conform to a college budget.

Make sure to include the ingredients and detailed preparation guidelines.

Recipes can be sent to siumira@seattleu.edu

Of the people who just use me socially, 50% develop a long-term addiction to me. Maybe that's because I reach the brain 6 seconds after being inhaled.

— C.



REDHAWKS SPORTS AND ACTIVITY CALENDAR

Men's Basketball

Elgin Baylor Tip-Off Classic

Friday, Nov. 19
SU vs. Rockhurst College

Saturday, Nov. 20
SU vs. Holy Names College

Connolly Center
7 p.m.

Men's Soccer

NCAA Division II Quarterfinals

Pre-game Pizza Party
Connolly Center Astrogym
12-12:45 p.m.
FREE PIZZA!!!

Sunday, Nov. 21
SU vs. Incarnate Word of Texas

Championship Field
1 p.m.

\$2 with student ID
\$6 general public

Women's Soccer

NCAA Division II Quarterfinals

Sunday, Nov. 21
Auraria Soccer Field
Denver, Colo.
11 a.m.

SU vs. Metro State

Swimming

Saturday, Nov. 20
Connolly Center
1 p.m.

SU vs. Albertson College

**FREE POPCORN WITH TWO
CANNED FOOD DONATIONS**

Camping

Dungeness Spit

Friday, Nov. 19 - Sunday, Nov. 21

\$22 for OAR members
\$27 for non members

RSVP 398-4835

Seattle U. will host quarterfinals

Katie Musselman
Staff Writer

The men's soccer team has done it again. They are now the NCAA Division II Far West Region champions because they won a staggering 3-0 victory over Cal State University, Bakersfield last Sunday.

"Today, I thought the game was won in the first half," said Simon Tobin, head coach of the CSUB Roadrunners.

Two of the three SU goals were made in the first half, the first being a penalty kick struck by Bobby McAlister in the thirty-sixth minute. The penalty fell on the Cal State goalie, Josh Wicks, who collided with the quickly approaching McAlister while attempting to grab a loose ball bouncing towards him. Afterward he realized it was a mental mistake on his part.

"I did something dumb I shouldn't have done, it's as simple as that, it cost our team a goal, and the game," Wicks admitted.

"They got a penalty and put it away well," Roadrunner coach Tobin said. "I told my team up front, Bobby McAlister, I've always felt, is one of the most critical best finishers around in the country at any level," he added in defense of his goalkeeper.

McAlister finished this game with his season goals tallying to an incredible 20. However, Adam Jensen shared the spotlight in this game. He scored his fifth goal of the season less than two minutes after the penalty. In going wide, a key strategy for the Redhawks, midfielder Andy Stromberg sent a cross from the right sideline to Jensen, who out-leaped a defender, put a head on it and redirected the ball into net.

"I was really pleased with the second goal because once we kept possession of the ball we created some chances," SU head coach Peter Fewing said.

"Seattle U was sharp all over the field,"

Bakersfield head coach Tobin said. "And to be honest I thought our second half performance was very good."

However, the Redhawks outmatched the acrobatic saves Josh Wicks is known for as Bobby McAlister scored again. Both coaches referred to goal as a "world-class goal." With less than eight minutes left in the game, McAlister bypassed five defenders as he paved his way to the goal.

"I got the ball and I started running at the first defender and saw his head turning side to side, so I knew he didn't know where I was. So I figured I'd just take it right at him and I kept going," McAlister, whose second goal elevated the final score to 3-0, said.

"I think we played well, got the ball wide, and I think that broke down their defense quite a bit," McAlister said of the Redhawks victory. "When we got the ball one-on-one, we weren't afraid to take them on and I think that's was a big key to the game."

"When Seattle does come forward they



Photo by William Hurd

Bobby McAlister excites the crowd while he celebrates his second goal in a 3-0 victory.

know what they're doing. They have two good forwards, and they know how to put goals away," Wicks said.

Coach Fewing attributes the season's amazing tide of excellent Redhawks performances to team leadership.

"It's a player's game and this year they made a decision. There's less distractions and there's more focus and support. I thought the guys did a great job, we just have to keep playing like we're playing," Fewing said.

Swim team rides current of success

**Bring it to Connolly
Center Nov. 20**

Amy Daybert
Managing Editor

It isn't easy beginning an athletic season on the road but the Seattle University men and women's swim team has consistently proven themselves ready for competition in any host water.

Following strong showings at the first two meets against Whitworth and Simon Fraser, the men's team went on to defeat NCAA Division I UC Davis for the first time in SU men's swimming history on Oct. 28.

The coach Craig Mallery and his swimmers have common goals for the rest of the season.

"We were able to send five females and five males to nationals last year and hopefully, we'll be able to send more this year," said Rachel DiPasquale, captain of the women's team and a senior biology major. "With the qualifying times on both teams, we are on the right path."

Entering the final event at a 94-94 tie, junior Corigan Bemis, senior Jonny Bartsch, senior Rui Ewald and freshman Gordon Smith sealed the 105-100 win with a time of 1:27.13 in the 200 freestyle relay.

Chris Coley, a freshman psychology major, said that one of the motivating factors in his sport is that "there is always some goal to look forward to achieving." He swam the 100 butterfly in a time of 50.36. His time reflected the Redhawks' first A cut and secured him a spot at the national championships in Or-

lando, Fla. this coming March.

The women's team accomplished a milestone for the program on Oct. 30, when they won the University of Pacific Invitational in Stockton, Calif. Earning a total of 1,009 points, the women finished 332 points ahead of second-place UC Santa Cruz and 421 points ahead of powerhouse Cal State Bakersfield.

During this meet, Anna Vanha, a freshman pre-major who prefers to "wait and see what happens" in her races, broke the school record in the 200 butterfly. Other significant swims included a second, third and fourth placement in the 200 breaststroke by sophomore Erin Matthew, senior Marion Gallagher and freshman Ashley Best. All three women posted times falling below the NCAA Division II B cut standard.

Before the Nov. 6 meet, known as the University of British Columbia Colleges' Cup, Mallery called the event a "gathering of the best collegiate swimmers in Canada, providing [the team] with an opportunity to race at the highest level."

At the UBC Aquatic Center Best earned new B cuts in the 400-meter individual relay and 100-meter breaststroke while Vanha also earned a new B cut in the 400-meter individual relay.

Best continued to swim impressively in the Nov. 12 meet against the University of Puget Sound and ultimately earned the first A cut on the women's side in the 200-meter breaststroke.

On Nov. 20, at 1 p.m., the smoke will hit the Connolly Center for the first home meet of the season against Albertson College.

"Come to the meet. We need as much support as possible. We are one of the most suc-

cessful teams and we love our sport," Coley said.

Jonny Bartsch, the captain of the men's team and a senior diagnostic ultrasound major, echoed Coley's thoughts.

"We go as far as we can to support other teams on campus and even though it's crowded, we want students to come to the meets and show their support," he said.

There is no admission for the swim meet. The team is asking for food donations that will be given to SHARE/WHEEL, the non-profit support organization for Tent City. Anyone who brings at least two cans of food will receive popcorn at the meet.

**Although
you think
I reduce your
stress, using
me actually
causes your
heart to
beat 36,000
additional
times per day.**

- C.

WOMEN'S SOCCER ADVANCES TO THE ELITE EIGHT WITH UPSET VICTORY OVER SPU

J. Jacob Edel
Sports Editor

The spirits of the women's soccer team ignited last Friday after they beat California State University, Dominguez Hills. That spirit carried over through Sunday, when they stunned the top-ranked Seattle Pacific University Falcons.

The Redhawks gladly handed the Falcons their first loss of the season and shut them out for the first time in their last 34 games.

"The team played a solid 90 minutes from beginning to end. They were ready and prepared both physically and mentally. I was extremely proud of their efforts. It was one of those days when everyone played well and everyone contributed," Redhawks head coach Julie Woodward said of the upset victory over SPU.

Perhaps the best performance came from SU freshman forward Leah Wymer. She scored the only two goals of the match. Her first sailed 25 yards and docked into the upper-left corner in the third minute, giving the Redhawks an early 1-0 lead. Sophomore forward Cassy Smith assisted Wymer's second goal. She sent a crisp through-ball that landed at Wymer's foot and then soared passed SPU goalkeeper Jennifer Hull for a 2-0 lead.

"I thought that our team had an outstanding game this past weekend. We came together and accomplished something that was absolutely huge for us. We had been getting ourselves pumped and mentally prepared as soon as we found out we were playing SPU," Wymer said.

The fact that Redhawks had two shut-out victories over the weekend shows the



Photo by William Hurd

Sophomore Ana Gutierrez and the defense shutout SPU.

team played stringent defense on top of their productive offense.

"The win was a team effort, every single person on our team was such a huge part of that game and together we got the job done. It is awesome to be in the position we are in and we have everything to prove," Wymer said.

The women participate in the Elite Eight for the first time in school history this week-

end at Auraria Soccer Field in Denver, Colo. The Redhawks will attempt another upset against the No. 2 ranked Metro State Roadrunners.

"We are expecting tough competition against Metro state and are doing our best to prepare this week in practice. The team is definitely just not happy to be there. Their goal is to win a National Championship," Woodward said.

Volleyball wins season finale



Photo by Kyle Smith

Janeen Fitzgerald (14) and Erika Brunson (7) go up for a block against Western Washington University. SU won 3-1.

Lauren Padgett
Staff Writer

Victory was sweet for the Redhawks this Saturday when women's volleyball dominated cross-town rivals Seattle Pacific University. For seniors Erika Brunson, Megan Kaysinger, Amelie Krahn and Lizzy Safranski, this would be their last game as Redhawks.

"It's pretty bittersweet because I've played for such a long time," Safranski said. "It's been such a part of my life."

The spectators who attended Saturday's game were on the edge of their seats to see the outcome.

"It was awesome," Zach Anderson, freshmen business major, said. "The whole time I wasn't sure who would win, it was so close."

"Yeah, it was a really fun game," Sam Cooledge, freshman biology major, said.

Falcons won the first match 30-25, but the Redhawks were not ready to give up their home court. Both teams played with focus towards a win that no one could predict. A point would be scored and the other team would quickly come back.

The Redhawks led the second match to victory. Led by junior Sarah Sommerman, the Redhawks were able to hold their ground in an intense rally, which lasted more than a minute. The crowd held its breath as the women kept the ball going back and forth, ending finally as the Redhawks slammed it back at SPU in an amazing finish. Coach Shannon Ellis leapt with joy as the ball hit the floor.

"[This game] was a wonderful exclamation point to a great season," Ellis said after the game. "Our seniors proved themselves hard workers, and it showed."

During halftime the crowd went wild for the TT Minor Elementary Double Dutch Team. These kids wowed both the crowd and the teams with their amazing back-flips and break-dancing while jump roping. TT Minor, a predominately low-income African American elementary school located in central Seattle has enriched the lives of their students through extracurricular sports. The spectators watched in astonishment and cheered loudly as the elementary students impressed them with their talent.

In an intensely close third match led by Kaysinger and Sommerman, the crowd held their breath as both teams fought toward a win. Finally the Redhawks claimed victory for a second time. The final score was in the Redhawks favor, 30-28.

In the fourth match the Redhawks were ready to clean house. SPU Falcons lost their momentum and the Redhawks claimed victory 30-25. The crowd stood up and cheered as the women scored their last point of the season.

"We are so thankful for all of the support," Coach Ellis said.

NCAA IS TOO SOFT

sports commentary

William Hurd
Photo Editor

The Maurice Clarett saga recently entered another chapter. In the latest issue of "ESPN the Magazine," Clarett came forward about the special benefits he received while at Ohio State University.

It shocks me that head coach Jim Tressel was behind most of the benefits he received. It was Tressel who arranged for the cars Clarett drove during his freshman year.

Rich alumni and boosters love to help out their former school because most were not fortunate enough to play. So now they are finally in a position to contribute to the success of the team.

What happens to OSU if all the charges are true?

If they are on a probation period for five years and they repeatedly violate the rules, then the "death penalty" could be enacted.

Under the death penalty the NCAA can kill a sport for one to three years.

I say the "death penalty" should be enacted if OSU gets on probation and violates the rules.

Myles Brand, the president of the NCAA, had the chance to enact the "death penalty."

The University of Alabama, already on probation for violations during the mid 1990s, was accused of repeatedly breaking NCAA rules. Some of the charges included paying high school coaches to make their star players commit to the university. Brand only took away scholarships and banned Alabama from postseason play.

But Alabama didn't learn anything. The boosters still break the rules.

It goes the same way at most major football programs. Boosters will do anything to make players happy and probably sweetened Clarett like he accuses them.

The Redhawk women went home with a victory and the end to a great season. Seattle University's win on Saturday secured the team with third place spot in the Great Northwest Athletic Conference, which means they finished in the top three for a third consecutive season.

After the match the women hugged each other and their families and posed for pictures with their eyes filled with tears and their arms full of flowers.

"I'll miss it," Safranski said.

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Death Cab signs big

Katie Sauro
Guest Writer

The rumors had been more than rumors, of course. Everyone had seen it coming. But no one wanted to believe that it was true.

After much deliberation and debate, Death Cab for Cutie announced Friday that they have signed with Atlantic Records. Now while the signing of a small band to a major label may not be big news to some of you out there, it is a huge deal to those of us in the Seattle indie rock community. Those of us who have been there from the beginning. Those of us who have bought every record and who have been to every show possible.

Yes, we're happy for Benjamin Gibbard, Chris Walla, Nick Harmer, and Jason McGerr; the boys who make up the Seattle-via-Bellingham band. Death Cab is one of the most beloved indie bands of our time, and we're glad they're finally getting the respect and recognition that they deserve. They are extremely talented and no other band can match their ability to write songs that can make us cry uncontrollably and grin idiotically at the same time.

Of course we're proud that our local boys are making it big. But on the other hand, we're crushed. It is a blow to the local music scene. We don't want to see them going mainstream and selling out on MTV, no matter how many more fans it brings them.

Since the release of "Transatlanticism" last year, Death Cab has been glorified in Rolling Stone, their songs have been featured on the teenage melodrama hit, "The O.C.," and the title track from "Transatlanticism" was featured in a Canadian commercial for the Olympics. They were even supposed to tour through Europe with Blink-182 a few months ago (I'm so glad they didn't). Come on, you can't get much more mainstream than that. Who knows where it's going to go from here?

And what is going to happen to locally-run Barsuk Records, the label that nurtured Death Cab for so many years? Yes, they still have extremely talented artists including The Long Winters, Nada Surf, and John Vanderslice, but Death Cab for Cutie was Barsuk's obvious mainstay.

Many people don't care about the Atlantic Records deal as long as Death Cab keeps playing good music and doesn't sell out, and major label status doesn't necessarily equate to selling out. Consider Modest Mouse. They signed with Epic Records years ago, and they are still flying somewhat under the radar. I mean, with the recent success of "Good News for People Who Love Bad News," their latest album, they are beginning to pick up more followers. But even with their recent success, most people would not say that they have sold out. And how about Built to Spill? They have churned out numerous brilliant records with Warner Bros. and have not lost their indie cred.

Will they stay true to their indie roots? Is this the end of Death Cab for Cutie as we know it? All I know is that I miss the old days when Seattle was not just a stop on their worldwide tour, but was where they played almost every weekend at the Crocodile or at now-defunct clubs like The Breakroom, Sit 'n Spin, and RCKNDY.

Let's face it, as much as we want things to go back to the way they were five years ago, it will never happen. So why live in the past when we can focus on the future? Okay, now go dry your eyes... everything will be okay... I'm just trying to reassure myself.

Take Me Out play a home run at REP

Megan Peter
Staff Writer

"Popcorn, get your popcorn." "Soda, ice cold soda, two dollars, soda." These cries along with "Take me out to the ballgame" could be heard through out the lobby of the Seattle Rep. Theater. It was opening night for the Tony Award winning *Take Me Out* and the cries created the perfect atmosphere for the baseball themed play.

Take Me Out is written by Richard Greenberg and directed by Tony Award winner Joe Mantello, who is known for his most recent work on *Wicked* on Broadway. Both men did a fantastic job of putting together a production that reminds the audience of the joys and wonders of baseball. As stated by, Mason Marzac, one of the characters, "baseball is a ceremony that has its celebration in the heart of it," a.k.a, a home run.

The basic plot is about Darren Lemming, the star of the fictional baseball team, Empires, and his coming out to not only the public but to the rest of the team. But beyond the surface it is about the love of the game and what lengths men would go to play the sport. Lemming is a man who believes he is rightfully treated like a god for his baseball skills. As time goes on, Lemming becomes more human and the audience is able to see whom he really is.

Kippy Sunderstorm, Lemming's friend and teammate narrates the play and provides

many of the sarcastic jokes that light up the stage. Sunderstorm is also the sort of fatherly figure who tries to smooth over problems and takes new player, Shane Mungit under his wing, which eventually turns into a tough situation for both men. It is

also though Sunderstorm that the audience is able to understand what goes on with all the other characters.

While there is not necessarily an antagonist in the play, the talented, short relief pitcher, Mungit, would certainly be considered a catalyst for most of the action in the play. It is Mungit, who used derogatory comments to describe the team at a press conference, which shattered any delusions the team had about their tolerance towards each other.

But it is Lemming's business manager, Mason Marzac who steals the show and by far the best character in the play. Openly gay and knowing nothing about baseball, after meeting with Lemming Marzac falls in love with the sport. He makes an incredible speech comparing baseball to democracy. It is such great dialogue that at one point the audience broke out into applause. Marzac is the epitome of a true fan, the person who is able to look beyond the game and feels the game with all of his senses.

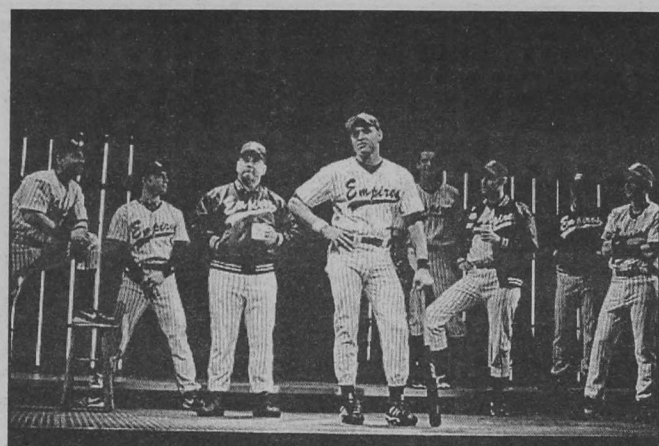


Photo © 2004 by Chris Bennion

The whole team looking their finest in Seattle Repertory Theatre's play, *Take Me Out*.

But here is a warning; there is full frontal male nudity for numerous scenes in the play. However, it is not done in a gratuitous manner, but it is used to show the important bonds between the players. It is used to show the shift in the dynamic of the group after Lemming reveals that he is gay. Also, part of the importance of the play is showing the inner workings of a team and most of that occurs in the locker room not on the field.

All the factors of great acting, sets, and dialogue produce a fantastic production that brilliantly mixes comedy and drama. There are many political and sexual asides that makes one who understands them feel like they are part of the joke. There are also many parallels to contemporary baseball the most noticeable being the pitcher who makes racial slurs.

Take Me Out will play shown at the Bagley Wright Theatre until December 4, 2004. Tickets range from \$46-\$20, but anyone under the age of 25 can see the play for \$10.

Featured Artist: Shana Applewhite

Canda Harbaugh
News Editor

Art is a human work of beauty through many different mediums. Shana Applewhite is not a sculptor nor painter, but she creates beauty through her musical talent as a bassist.

Applewhite, a sophomore international business major, lives in Campion. She knows how to play other instruments, but considers herself a bass guitarist.

Where are you from?
Gulfport, Mississippi.

How did you start playing the bass guitar?

I started playing the string bass in the orchestra when I was in the seventh grade. Well, first I played violin, but about a month in, I quit. Then I played the string bass for a year. I actually got a bass guitar so that I could practice at home because the strings are basically the same for string bass; you just hold it differently.

How long have you played the bass guitar?

Well, when I got my bass, I taught myself for four years, just by playing around with it and trying new things. Then, to refine my playing, I took lessons for three years. I learned different techniques. I refined my tuning a lot too.

What did you do with your musical talent back home?

I've played with musicians much older than me, like in their 30s, and people who played much longer than me. I played at Mississippi Music, a big music store.

They had recital-type nights and we played for around 50 people. We covered bands like Soundgarden, Stone Temple Pilots, The

Doors, and me and my guitar teacher wrote a song together.

Were you aware of the music scene when you came to Seattle?

Oh yeah. The music scene was a big part of my decision to come here.

Do you know how to sing?

I am a classically trained vocalist. I was in choir for four years in high school, and I was also in choir in middle school, but that doesn't count. I learned to sing songs in Latin, French and German.

Do you sing?

I sing, but not in front of people. I'm getting better. Maybe I could do backup vocals or harmony or something, but I would probably never be lead singer of a band. I think I need to work on finding my voice. All singers have a certain way they sing, and I need to find a particular voice.

Do you write your own songs?

Of course! I always do that. I'm spastic about writing things. I try to write it down, but I don't always, and when I do, a lot of times, I lose it. They are usually very random. I can read music, but I like to play it by ear and figure out the baseline.

Ever since I was little, I could do that. I would hear a song and try to play it on the piano. I'm definitely not a pianist and I don't consider myself a guitarist, either, but I like to fiddle around with it. Once, I woke up from a dream and wrote a song I thought was really good. When

I woke up, I was frantic, scribbling it down. In my dream, Sound Garden was playing this song. If I were a professional song-writer, I [Sound Garden].

What kind of music do you like?

I'm into some of the Indie stuff, but I'm not into a lot of it. Like I said earlier, I like Soundgarden, The Doors... hmmm... I'm so old-school. I like Tool, System of the Down, Filter, The Pixies and Sonic Youth.

What do you want to do after college?

Hopefully work in the music industry somehow - maybe work for a record company or something in international sales. I want to be in a good band, a really good band, and be fairly successful with it.



Photo by William Hurd

Shana Applewhite lovingly admiring her bass in Campion hall.

Alfie fails in attempt to show moral side of playboy

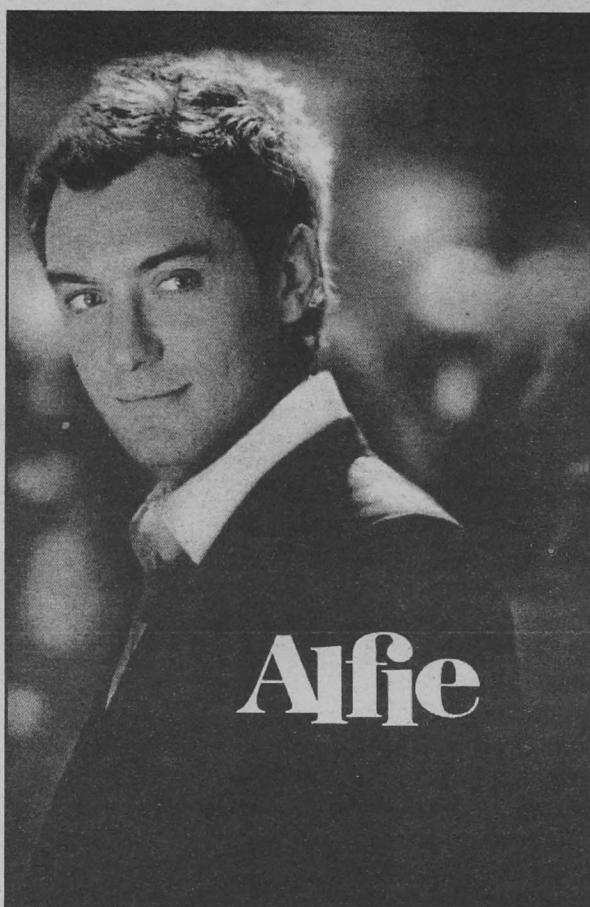
Kathryn Mussleman
Staff Writer

"I subscribe to the European philosophy, my priorities leaning toward wine, women and—well, actually that's it, wine and women. Although women and women is always a fun option," said the protagonist Alfie, in a film about the provocative truth surrounding the lifestyle of a player and the unavoidable consequences therein.

The beginning of *Alfie* portrays a charming, stylish London play boy played by Jude Law, as a limousine driver in the contemporary re-invention of the 1960s film starring Michael Cane.

Set appropriately in Manhattan, where according to the lead character, the most beautiful "birds" reside, the film wastes not time in establishing the lead character's care-free, girl-chasing lifestyle, which is exactly what leads to his downfall, taking the film's plot with him.

Alfie immediately offers unique insight into the play boy mentality. The cinematography is unique in its blend of '60s style with contemporary filmmaking, as Director Charles Shyer employs the challenging technique of the lead character speaking directly to the audience as his personal confidante



Courtesy of Paramount Pictures

while he provocatively reveals the unspoken truths of relationships. Alfie amusingly admits, as he is dressing confidently in his staple wardrobe item—a pink shirt—that when it comes to shagging birds, it is honestly all about "the FBB."

A diverse array of female cast members such as Susan Sarandon, Jane Krakowski, and Sienna Miller all experience the combination of charm and BS that Alfie learns to perfect as the film progresses. As all ladies men are known for, Alfie uses his roguish good looks and elusive charm to sweep women off their feet to get exactly what he wants from them—cooking, cleaning, a different place to sleep every night, you know, the norm. Even the older lady down the hall who has

"obviously reached her expiration date," as Alfie says, is unknowingly sweet talked into cleaning his apartment. However, the entertaining lightheartedness of the film takes a slightly dark turn as the tragic

flaw in this play boy hero is discovered. Though Alfie knows his actions may be dishonest at times, he is oblivious to the hurt that he causes to others. For this reason, the film may not be the first choice of many guys, and would be an awkward date movie with its stark honesties when it comes to Alfie's uncalculated misfortune.

The worst case scenario for all ladies men alike develops in Alfie's life as he is forced to face the hurtful consequences of his care-free womanizing. He learns that life is not just about wine and women and instead Alfie demonstrates the lonely side of depending on no one. It is at this turning point that the film could be appropriately re-named "A Series of Unfortunate Events," and the direction of the plot becomes lost in a flood of Alfie's philosophical reflections on life.

Previews leading up to the debut of *Alfie* imply a fresh, smart, and comedic twist on the classic original film. It begins as such, but in an attempt to show moral revival, the movie feels phony as Alfie reflects on the direction of his now listless life after a series of downfalls with his women. While Jude Law remains beautiful to look at during the film, the plot loses direction, bringing it to an abrupt, cheese ball end. Overall, the film fell short of my expectations, and is worth the wait to come out on video.

The Explosion's new CD not *totally* hypocritical

Julian Hunt
Staff Writer

I think the band *The Explosion* should change their name to The Backfire.

But besides just the presumptuous name for the band, they subscribe to the Do-it-Yourself (DIY) punk ethic, which entails promoting music without major record labels. However, The Explosion just signed with mega music monster Virgin Records.

Regardless of this, as I'm often last to point the sellout gun, their newest album "Black Tape" has all of the makings of popular music. Most of the tracks are played in major chords (think The Strokes), with truly clever lyrics like "give us this day our daily dead."

It's the natural progression of underground music (even music revivals) to reach the mainstream; what will be interesting to

watch now, however, is how the band's sound evolves.

Given an initial listening to, their sound seems like some alternate universe amalgam of 1970s punk rock group The Clash, complete with all the wonderful screaming, and with guitar riffs more akin to the more modern post-punk group the Pixies. But let's not confuse this with saying their sound is regurgitated; it's simply familiar.

Although, in a less analytical way, you could say this is toe-tapping head rocking music. It's catchy, it's cool.

It's slated to become the kind of music that audiophiles and indie rock elitist put down in public and find themselves listening to repeatedly in private.

As for the album "Black Tape" itself, let me just say how refreshing it is that the song Virgin Records released as the first single, "Here I Am," is, well, just plain bad. It reminds me too much of Green day. It's too

bouncy for such a down right boring and depressing subject. Something about growing up, and looking back at how you got there, is mind-numbing when it's sung as

"Being on a mountain and looking down," (I'm paraphrasing, the real lyrics are even worse). No more teen angst boy rock, thanks; not just because it's been done before, but because unless done artfully, it's so... awful. On the positive side of this horrific song being the first released on the radio, at least the good songs won't be the first to get played out.

And good songs do outweigh the bad. In "I Know" and "We all Fall Down," you get a sense for just how in synch "Million Dollar" Matt Hock's vocals are with bassist Damian Genuardi, guitarists Dave Walsh and Sam Cave, and especially drummer Andrew Black. This is what I assume Genuardi means when he says "band-ness." Not to mention "I Know" includes lyrics like, "I know some-

thing went wrong... It's holding our tongues, it's a sterilization."

Another great song that has good reason to revive the political ideals of punk music is the song "Atrocity." This song has a clear political message: The Explosion "won't fight in any more wars, [they] can't stand to see it anymore: atrocity."

And here's my nomination for best non studio-disinfected song: "Heavyweight." It's raw. You can almost hear the band members' instruments clashing for power. It's refreshing that this song sounds as if it were left completely untouched; letting its bass be a bass instead of making it become a synthesizer.

So even though DIY punk band *The Explosion* has in a way, gone against its starting principles, at least they haven't gone against everything the music is suppose to stand for. And don't judge the band by "Here I Am."

Think you could do better? Have a great story idea or news tip? All current students are invited to contribute to *The Spectator*, stop by our weekly meetings Tuesdays at 7 p.m. The *Spectator* offices are located next to The Cave in The Campion basement.

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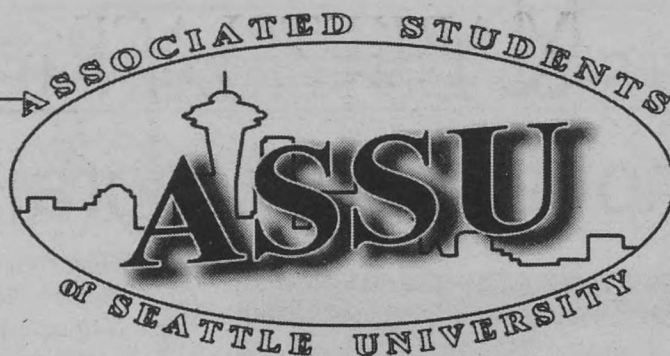
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WEEKLY UPDATE

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(Winner will be announced @ half-time!)***

STUDENT EVENTS AND ACTIVITIES COUNCIL

SEAC's annual FALL BALL: "Amplified"

When & Where: November 20 @ EMP Sky Church from 9 p.m.-1 a.m.

Tickets: \$10 for single \$15 for couple (available @ the CAC)

Tickets at the door: \$15 per person

FREE SHUTTLE available from Bellarmine turnaround to the EMP from 8:30 p.m.-1:30 a.m.

Classifieds

100. For Sale 400. Services
200. Help Wanted 500. For Rent
300. Volunteers 600. Misc.

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References. 206-322-2108

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CAMPUS VOICE

"What is your favorite family Thanksgiving recipe?"

by Greg Boudreau



**Christina Higgins,
Freshman, International
Business**

Kourabiethes (Greek Butter Cookies)

Ingredients:

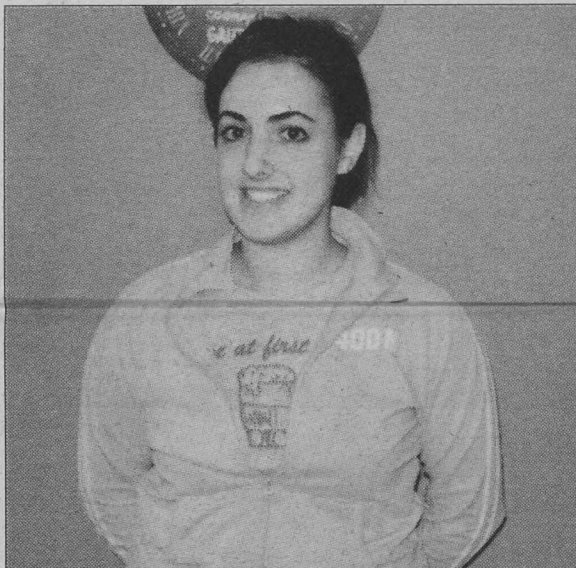
1/2 lb of desalted butter
2 TBSP sugar
2 1/3c flour
powdered sugar

1. Cream the butter by hand.
2. Add sugar and cream well.
3. Add flour slowly until you can roll the dough without it sticking.
4. Shape the dough into crescents.
5. Bake on 350 degrees for 15-20 minutes.
6. Remove from the oven and roll the cookies in the powdered sugar while they are still warm.
7. Eat them.

Sweet Potatoes with Marshmallows

4 large sweet potatoes
1/2 stick softened butter
3/4 cup sugar
1/8 tsp. salt
1/3 orange juice
1/2 cup pecans

Put sweet potatoes in large saucepan with enough water to cover them. Cover and cook 35 minutes. Drain. Peel sweet potatoes. Mash and add butter. Beat in sugar and salt. Add orange juice. Mix in pecans. Put in a round glass baking dish (like Pyrex). Cook at 325 degrees for 30 minutes.

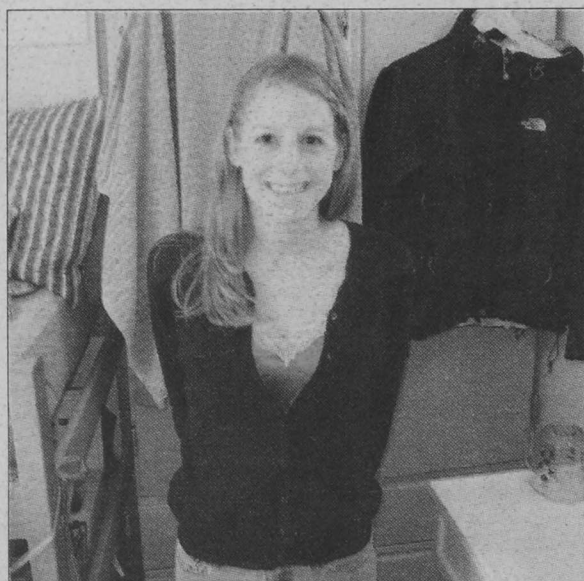


**Katie Manteca,
Junior, Theater**

Oatmeal Raisin Cookies

1 cup of canola oil
1 cup firmly packed brown sugar
1/2 cup of sugar
2 eggs
1 tsp. of vanilla
1 1/2 cups all-purpose flour
1 tsp. of baking soda
1 tsp. of cinnamon
1/2 tsp. of salt
3 cups of old-fashioned Quaker Oats
1 cup of raisins

Heat oven to 350 degrees. Beat together oil and sugars until creamy and then add eggs and vanilla. Beat well. Add flour, baking soda, cinnamon and salt and mix well. Stir in oats and raisins. Mix well. Drop by rounded tablespoon balls on a ungreased cookie sheet. Bake 10-12 minutes or until golden brown. Cool on cookie sheet for one minute, then move to a wire cooling rack. Makes about three dozen.



**Laura Earnest,
Freshman, Pre-Major**

MISS LONELY HEARTS

Are you in trouble?

Do you need help?

*Write to Miss Lonely Hearts and
she will help you.*

Dear Miss L. -

I am writing you because I think maybe you have some advice for me. My sister is fifteen (I am a student here) and she has a disease that is mainly mental but it also affects her appearance a little bit. She goes to a regular school because she is not so slow as to make her need to go to a special ed school. I am concerned about her being there because she doesn't have very good judgement about certain things, especially things concerning high school boys and how they behave and how the girls in high school can be unusually cruel and why. How can I help her?

-Broken Hearted Sibling

Dear Broken Hearted,

Your suffering is worse than most, for you suffer not for yourself but for one you can do little to help. I will not suggest to you tactical strategies (school counselors, high school principals, etc.), but rather I say to find solace in your suffering. Your greatest potential here - after trying to help your sister, possibly an impossible task - is to realize the worth of your suffering. The girls and boys who will mistreat your sister are suffering quietly, keeping their misery hidden to fester and rot in their hearts. Your sister will never know from where their malfeasance springs, for that let us be grateful.

Miss Lonelyhearts,

I am a freshman girl from Tuba City, Arizona, and I live in Champion Hall. I am studying drama here at S.U. and it is very interesting (though not very dramatic!). My sad case is concerning what must be my first heartache, given to me by someone I don't even know. I had only a minor crush on this young man - I think he is also a freshman - but now I think I want him dead, and if not him then me. I mentioned to a girl I had befriended that I liked him, only to find out that she made out with him the next night. Not only that, but then I heard her joking with other girls about the hopeless crush of a certain girl. (That girl was myself, and my name was preceded by many harsh words.) I've never been so hurt.

-Out Of Tune

Dear Out Of Tune,

I think you can now begin to understand how Christ felt when betrayed by Judas and then denied by Peter and then crucified. Remember, he rose from the grave. What I am saying is, your problem is infinitesimal compared to the greater problems of human kind. Learn this; however, your problem is a microcosm of the problems of all humanity. As you inevitably age and crawl towards death, all of the problems you encounter will seem like magnified versions of this one tiny problem you face now. Learn this, now; life is suffering. Find others who will suffer with you and love them like you love yourself.



**Do you have questions for Campus Voice or Miss Lonely Hearts ?
If so please send them to Greg at mr_white1042@hotmail.com.**